

## ABSTRACT OF THE DISCLOSURE

An instrument for distracting the disc space between adjacent vertebrae and simultaneously preparing endplates of the vertebrae includes a body having opposing upper and lower surfaces separated by curved side surfaces that extend between a posterior end of the body and an anterior end of the body. A first plurality of teeth extends across the upper surface of the body, and a second plurality of teeth extends across the lower surface of the body. The first and second plurality of teeth may be constructed as ratcheting teeth that angle back toward the anterior end of the body. Also a system for distracting the disc space between adjacent vertebrae and simultaneously preparing endplates of the vertebrae, includes at least two differently dimensioned instruments as set forth above.

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